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Only food products that meet the rigid requirements of Milo Hastings, Director Physical Culture Food Research Laboratory, are accepted for this page.

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Healthful Effect of Cake Depends on How It Is Used

No Other Food Is More Often Unfairly Condemned as Unwholesome Than Cake. Cake Is Rich in Nutrients, but You Should Learn Its Proper Use in the Diet

By MILO HASTINGS

The essential elements in plain cake are milk, eggs, butter, flour and sugar. To these such other elements as fruits, chocolate, coconut, etc., are added according to the type of cake.

Certainly such a list of food ingredients is not lacking in nutritive elements. The flour and sugar may be deficient in minerals or vitamins, but that deficiency is made up by the milk, cream, eggs and butter, so that cake averages fairly well up in these elements.

A Little Goes Far

Yet the opinion prevails in many minds that cake is unwholesome and should never be mentioned on a list of health foods. There must be some foundation for this belief, and a little thinking will readily show you where the trouble lies.

Cake, just because it is so packed full of nutriment, is a "rich" food—a little goes a long way. But instead of cake being thought of as a staple article of food, it is too often thought of only as a luxury and an indulgence. The mother says to her youngsters: "Now be a good child, and eat your bread and meat and potatoes and drink your milk, and then you may have a piece of cake."

Vanity Rules Diet

In other words, because of its extreme tastiness, cake is used to top off a meal in which people have frequently already over-eaten. Should indigestion result, the cake, which was the extra indulgence, gets the blame.

The trouble is that the whole business of the arranging of meals seems to have been worked out by a vain woman, whose satisfaction in life is derived from persuading those at her table to eat more than is good for them. To have the table groaning with the weight of food put upon it seems to be woman's greatest ambition, and in achieving it she frequently has the people groaning a few hours afterwards.

Fletcher's Philosophy

Naturally, if this is the end to be achieved, it can best be done by arranging the courses of the meal so that, as the appetite wanes from satiation, the foods offered get tastier, so we will keep on eat-



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ing long after we would if the order of the meal had been reversed.

Horace Fletcher, one of the wisest food philosophers, said that no one should eat when he was not hungry enough to eat plain bread. That doesn't mean that we are never entitled to anything tastier than bread; indeed, we can get an extra pleasure of taste by eating cake when we are hungry enough to eat bread.

Not Guilty

Once the above principle has been fully digested and absorbed by a man or woman in managing the meals of the family, it opens up the opportunity for fuller enjoyment of many rich and tasty foods that people now eat only with a sense of guilty indulgence.

Probably many readers who have this puritanical idea of foods will object to my defense of both cake and ice cream, but if they will do a little clear-headed thinking they will see that I am right.

Another principle that must be taken into consideration in the recommendation of cake is that it is a concentrated food and, if not taken into an overloaded stomach, is completely digestible.

Too Digestible

Such completely digestible food

by itself will not produce a healthful diet, and if one is going to use cake in a diet that is wholly composed of similar rich, concentrated and fiber-free foods, of course there will be trouble, and cake again may get the blame, though it may be the best actual food in the list.

The normal diet must have bulky fiber such as is derived from coarse vegetables, pulpy, watery fruits and coarse cereals or bran, but the whole diet does not need to be made up of such rough stuff.

In fact, man has an instinct that it should not be, which is perhaps why most people make the mistake of eliminating all this rough bulky food and trying to live exclusively on concentrated nutriment.

Whole Diet, Not One Food

This discussion emphasizes the point that a food writer always has to contend with, that it is the diet as a whole that counts in health building. People want to attribute health qualities to single foods, and praise some and condemn others, whereas all but very few foods could be used in a health building diet if the user understood enough of the general principles of nutrition to avoid over-eating and yet get all the needed elements into the diet.

It sounds easy to say that on paper, but it is a hard thing to catch just because our civilized diet is so complicated. So most people merely get a notion that a limited list of foods are health foods and another limited list are unhealthy foods and are satisfied with that knowledge and never try really to understand the general principles of nutrition.

MEN'S BEAUTY BUDGET RIVALS THAT OF WOMEN'S

CHICAGO.—Well-groomed business men of America spend just as much money in barber shops maintaining their personal appearance as their wives invest in "dolling up" in beauty establishments, N. S. Sherman of an Indianapolis cosmetic company declared at the annual convention of barbers' supply men.

"Tonsorial budget of the average business man especially careful of his appearance totals \$6.20 a week, trade statistics show," said Mr. Sherman. "Weekly beauty bill of the average American woman amounts to \$6.50."

RECORD SALMON CATCH IN BRITISH COLUMBIA

VANCOUVER, B. C. — With a number of canneries still to complete their season's pack, the salmon output of British Columbia this year already constitutes a record, according to figures compiled by the Department of Fisheries. So far this season, the pack has reached a total of 1,794,802 cases, which is 47,000 cases more than the previous record, which was established in 1924.

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MAY AND JUNE—

Getting What He Deserved

By H. A. MacGill

